

Croydon Food Buddy

Volunteer role and network



Supporting local people to benefit from healthy eating and growing their own food in community gardens and at home.



We look for volunteers with a passion to encourage others to enjoy growing, cooking and eating their own healthy food. Simple organic growing techniques are part of your training, so you don't need to be a gardening expert.



We ask for about a **half a day a month**. That's 30 hours or more volunteering a year. Quite a lot of this might be being out and about at community events.

Meet new people and share your tips and knowledge



Promote healthy eating and food growing to your **wider community** through markets, festivals, events, talks, writing articles, to bring people together.



Support Croydon's Master Gardener project in by making links with local organisations which can refer new growers (eg charities, GPs, residents' associations etc)



Work with local community groups to raise awareness of the benefits of food growing and good eating.

Induction training day Saturday January 23rd 2016

A locally hosted course to give you the skills to get people growing and eating well!

Please get in touch with me, Liza Scholefield

Regional co-ordinator for London Master Gardeners

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Out and about in the community



What to expect: active support from your locally based co-ordinator



One-to-one guidance follows the induction training day for new volunteers. Food Buddies receive a dedicated manual and interactive website, plus bespoke training courses with cooking and growing tips.



Also your badge, polo-shirt, safe working policies, insurance, awards, reviews, expenses, graduation, and membership to the UK's leading organic growing charity, Garden Organic.

Participation is free for all volunteers and people supported

With 12 months support, supported growers:

80% growing more food

25% spending less on food

95% enjoy involvement

Research from Coventry University; 215 round 1 & 2 respondents, Sept. 12.

